

ABSTRACT OF THE DISCLOSURE

A method comprises the steps of (a) providing a refrigeration unit having a refrigerated or heated space and at least one measured operating parameter, (b) providing heat to the refrigerated space when the at least one measured operating parameter exceeds a first threshold, (c) terminating provision of heat when the at least one measured operating parameter exceeds a second threshold, and repeating steps b-c when the at least one operating parameter falls below the first threshold. In using this method, the unit can be operated continuously, with substantially higher refrigerant mass flow and evaporator pressure than in the prior art. Higher refrigerant mass flow rate and higher evaporator pressure improve oil return to the compressor, thus reducing the likelihood of compressor damage due to oil pump out.